
Without Frying! Eggplant That Drives Everyone Crazy, The Most Delicious I've Ever Made!

2 eggplants
Olive oil
Salt and pepper
Sweet paprika
Oregano
1 onion (chopped)
2 bell peppers (chopped)
2 cloves of garlic
0.7 lb of minced meat
Cumin
Ginger
Coriander
Parsley (chopped)
8.8 oz of tomato puree
2/3 cup of water
5.3 oz of mozzarella
Parmesan

- ➊ Wash and slice the eggplants thinly lengthwise.
- ➋ Season the eggplant slices with olive oil, salt, pepper, sweet paprika, and oregano.
- ➌ Bake the seasoned eggplant slices for 20 minutes at 356°F.
- ➍ Prepare the meat filling by cooking onion, bell peppers, garlic, minced meat, and seasonings in a pan.
- ➎ Add parsley and tomato puree to the meat mixture and let it simmer.
- ➏ Assemble the dish by filling each eggplant slice with the meat mixture, topping with mozzarella and parmesan cheese in layers, and sprinkling with oregano.
- ➐ Bake the assembled dish for 15 minutes at 356°F until the cheese is melted and bubbly.